

### C. In the Claims

Please amend the Claims as set forth below. It is believed that no new matter has been added.

1. (Currently amended) A method of ~~for~~ creating a personalized exercise routine ~~with at least one user interface used in connection with forming machine-readable instructions protected as private to a user subsequently carrying out the exercise routine on an exercise machine,~~ the method including the steps of:

~~providing the user with the at least one user interface to enable defining the personalized exercise routine in~~ forming machine-readable instructions ~~for carrying out the corresponding to a personalized~~ exercise routine;

protecting said machine-readable instructions as private to the user;

maintaining said machine-readable instructions as private to the user;

storing the personalized exercise routine formed in the machine-readable instructions in a memory device;

retrieving the personalized exercise routine formed in the machine-readable signals from the memory device; and

user-triggered engaging of the machine-readable instructions to control the exercise machine in carrying out the personalized exercise routine.

2. (Currently amended) The method of claim 1, wherein the ~~step of~~ forming machine-readable instructions includes the steps of:

~~associating the exercise routine with a machine different from said exercise machine to produce a first set of signals; and wherein said step of engaging includes~~

forming a first set of signals corresponding to the exercise routine carried out on

a first machine; and

translating the first set of signals ~~into~~ to form the machine-readable instructions.

3. (Currently amended) A method ~~of~~ for creating a personal exercise routine ~~with at least one user interface for forming machine-readable instructions by a user subsequently carrying out the exercise routine on an exercise machine~~, the method including the steps of:

~~using the~~ providing at least one user interface ~~to enable the user to create a first set of signals corresponding to the~~ a personal exercise routine on a first exercise machine;

~~associating the exercise routine with a machine different than said exercise machine to produce a first set of signals;~~

translating the first set of signals to form ~~into the~~ machine-readable instructions;

and

~~accessing the machine-readable instructions; and~~

~~engaging the machine-readable instructions to controlling the~~ a second exercise machine with the machine-readable instructions in carrying out the personal exercise routine on the second exercise machine.

4. (Currently amended) The method of claim 1 3, ~~wherein the step of~~ ~~storing the personal exercise routine includes~~ further including storing medical information and a charge card number respectively corresponding to the user.

5. (Original) The method of claim 1, further including the steps of:

forming a profile of the user; and

protecting the profile of the user as private to the user, along with said machine-

readable signals.

6. (Currently amended) The method of claim 3, further including the steps of:

forming a user profile ~~of the user~~; and  
protecting the user profile ~~of the user~~ as private to the a user, along with said machine-readable signals.

7. (Currently amended) The method of claim 3, wherein said ~~step of~~ forming machine-readable instructions includes:

programming a cardiovascular exercise as the exercise routine on a personal computer; and further including:

communicating signals corresponding to the exercise routine over the a network to said second exercise machine.

8. (Currently amended) The method of claim 3, wherein said ~~step of~~ forming machine-readable instructions includes:

accessing, via a virtual private network, a web-accessible library of modifiable preprogrammed routines; and

modifying one of said preprogrammed routines.

9. (Currently amended) The method of claim 3, wherein said ~~step of~~ forming machine-readable instructions includes:

selecting a type of cardiovascular fitness equipment as the second exercise machine, and specifying a duration of an exercise ~~routine~~, a number of time intervals, an

exercise intensity, and a speed for each of the intervals.

10. (Currently amended) The method of claim 1 ~~9~~, wherein said ~~step of~~ storing includes:

storing on a memory means transported to said exercise machine ~~for~~ to enable reading by said exercise machine in connection with said ~~accessing~~ retrieving step.

11. (Currently amended) The method of claim 10, wherein said ~~step of~~ storing includes storing by making an addition to a library of routines.

12. (Currently amended) The method of claim 3, further including ~~the step~~ of:

swiping at least one of a credit card or smart card for access to the second exercise machine.

13. (Currently amended) The method of claim 12, wherein said ~~step of~~ swiping is carried out with a card reader on a reception admission control system.

14. (Currently amended) The method of claim 3, further including ~~the steps~~ of:

obtaining, via communication over a network with a user computer, an agreement to abide by gym rules.

15. (Currently amended) The method of claim 5, ~~wherein said step of~~ ~~forming a profile includes forming a profile~~ further including storing a charge card number and

~~authorization for use of the card~~ associated with the user.

16. (Currently amended) The method of claim 6, ~~wherein said step of forming a profile includes forming a profile~~ further including storing a charge card number and ~~authorization for use of the card~~ associated with the user.

17. (Currently amended) The method of claim 3, further including ~~the step of~~ communicating at least some personal profile data between computer systems of different gyms.

18. (Currently amended) The method of claim 15, further including ~~the step of~~ carrying out an on line purchase from the exercise machine while exercising.

19. (Currently amended) The method of claim 16, further including ~~the step of~~ carrying out an on line purchase using the exercise machine while exercising.

20. (Currently amended) The method of claim 3, further including ~~the step of~~ forming a set of exercise routines that use different types of exercise machines ~~equipment~~, said set including said personalized exercise routine.

21. (Currently amended) The method of claim 3, further including ~~the step of~~ providing a control for at least one type of media including ~~of a group consisting of~~ video, TV, e-mail, stock prices, news, horoscope, hobby information, Internet media, or ~~and~~ an electronic magazine, the control being in a profile stored in a profile of a the user.

22. (Currently amended) The method of claim 21, wherein the ~~step of~~ providing a control is carried out with ~~another~~ two of the media ~~the group~~.

23. (Currently amended) The method of claim ~~21~~ 22, wherein the ~~step of~~ providing a control is carried out with ~~another~~ three of the media ~~group~~.

24. (Currently amended) The method of claim 23, further including ~~the step of~~ implementing the control by ~~making a presentation~~ displaying media ~~corresponding to the member of the group on a display~~ at said second exercise machine.

25. (Currently amended) The method of claim 1, wherein said ~~step of~~ forming is carried out using a personal computer and said ~~step of~~ retrieving includes downloading to said exercise machine equipment.

26. (Currently amended) The method of claim ~~25~~ 4, further including the ~~step of~~ using a virtual private network to provide access to a host system used in said downloading.

27. (Currently amended) The method of claim 1, further including ~~the step of~~ providing a browser interface presented at said exercise machine ~~equipment~~ to control Internet communication.

28. (Currently amended) The method of claim 3, further including ~~the step of~~ providing a browser interface presented at said second exercise machine ~~equipment~~ to control Internet communication.

29. (Currently amended) The method of claim 27, further including ~~the step~~ of communicating the machine-readable signals into a controller between the Internet and the exercise machine equipment.

30. (Currently amended) The method of claim 28, further including ~~the step~~ of communicating the machine-readable signals into a controller between the Internet and the second exercise machine equipment.

31. (Currently amended) The method of claim 5, further including ~~the step of~~ controlling with said profile output to a display device and a speaker jack at the exercise machine equipment.

32. (Currently amended) The method of claim 6, further including ~~the step of~~ controlling with said profile interaction with Internet communication while exercising by use of a device ~~from the group consisting~~ at least one of a video game joystick on said second exercise machine or equipment and a flexible touch pad on the at least one handle ~~handles~~ of the second exercise machine equipment.

33. (Currently amended) The method of claim 6, further including ~~the step of~~ controlling with said profile programmed, hands-free, Internet communication.

34. (Currently amended) The method of claim 33, wherein said controlling ~~hands-free programming~~ includes selectable ~~the~~ content and presentation format coordinated with timing of the exercise routine.

35. (Currently amended) The method of claim 3, further including ~~the step of~~ monitoring ~~and~~ heart rate with a sensor at the second exercise machine ~~equipment~~.

36. (Currently amended) The method of claim 35, further including ~~the steps of~~ monitoring speed and intensity of the exercise routine; and  
storing said heart rate, said speed, and said intensity.

37. (Currently amended) The method of claim 36, further including ~~the step~~ of communicating signals corresponding to said heart rate, said speed, and said intensity in an Internet communication ~~to for retrieving, manipulating, displaying, and storing at a user~~ computer.

38. (Currently amended) The method of claim 3, further including ~~the step of~~ utilizing a calendar function to schedule use of the second exercise machine.

39. (Currently amended) The method of claim 3, further including ~~the step of~~ utilizing a calendar function to schedule use of a group of pieces of exercise equipment ~~such that the routine is carried out on said pieces of equipment~~.

40. (Currently amended) The method of claim 3, further including ~~the step of~~ logging on to a virtual private network from a personal computer to obtain data enabling formation of said exercise routine.

41. (Currently amended) The method of claim 1, further including ~~the step of~~



formatting output at a display device at said exercise machine, said formatting including selectable enlarging the output ~~equipment to produce a larger than usual display so as to be easily viewable by the user while exercising.~~

42. (Currently amended) The method of claim 3, further including ~~the step of~~ formatting output at a display device at said second exercise machine, said formatting including selectably enlarging the output ~~equipment to produce a larger than usual display so as to be easily viewable by the user while exercising.~~

43. (Currently amended) The method of claim 3, further including enabling ~~the step of~~ Internet navigating navigation by use of an interface while operating during exercising.

44. (Currently amended) The method of claim 6, further including ~~the step of~~ specifying parameters of the exercise routine including type of machine equipment, duration of session, intensity level, and pattern of variation of the intensity level.

45. (Currently amended) The method of claim 6, further including: ~~the step of~~  
 permitting, at the discretion of the user, access to an exercise report, and storing  
the report in ~~without providing access to the profile wherein signals representing the exercise routine are stored.~~

46. (Currently amended) The method of claim 5, wherein said ~~step of~~ storing is carried out by storing in said profile.

47. (Currently amended) The method of claim 6, ~~wherein said step of further~~ including storing at least one of the set of signals or the machine-readable instructions is ~~carried out by storing in said profile.~~

48. (Currently amended) The method of claim 6, wherein the second exercise machine comprises one of at least a treadmill, an elliptical trainer, a stationary bike, a stationary ski machine, a stationary rowing machine, ~~and~~ or a resistance type machine.

49. (Currently amended) The method of claim 6, further including digitally ~~the step of specifying the second exercise machine so that exercising is to be~~ carried out at a location ~~from the group consisting~~ corresponding to at least one of a home, a gym, a spa, an exercise facility of an apartment complex, and a hotel.

50. (Currently amended) The method of claim 1, further including ~~the step of~~ controlling access to said exercise machine, via -a virtual private network of computer devices corresponding to exercise machines, by assigning a user identification name and a password to each device.

51. (Currently amended) The method of claim 6, further including ~~the step of~~ maintaining a business operations database ~~for used~~ in carrying out the translating.

52. (Currently amended) The method of claim 5, further including ~~the step of~~ forming a client profile database containing a profile for each of a plurality of users, ~~said client profile separate from said user profile.~~

53. (Currently amended) The method of claim 6, further including ~~the step of~~ forming a client profile database containing a profile for each of a plurality of users, ~~said client profile separate from said user profile.~~

54. (Currently amended) The method of claim 6, further including ~~the step of~~ accessing a virtual private network in scheduling an exercise session, through a web browser interface, the scheduling including selecting ~~the~~ a location, date, and time a future ~~the~~ exercise routine is to be accomplished.

55. (Currently amended) The method of claim 54, further including ~~the step of~~ configuring web viewing through the web browser interface, including: configuring screens of the web browser, said web browser interface stored on the second exercise machine; ~~equipment,~~ and including selecting types of content to be viewed while exercising.

56. (Currently amended) The method of claim 54, further including ~~the step of~~ initiating the exercise routine by mounting the second exercise machine and by presenting identification to the second exercise machine, the presenting including at least one of ~~identification from the group consisting of~~ entering a name and password on a keypad, entering information from a smart card to a reader, and or entering information from magnetic strip to a card reader.

57. (Currently amended) The method of claim 6, further including ~~the step of~~ controlling output of -visual and audio Internet media with said profile, the media including at least one of music, a video, ~~and multimedia,~~ or chat.

58. (Currently amended) The method of claim 6, further including ~~the step of~~ optionally viewing and configuring reports including intensity levels of the exercise routine and heart rate through a web browser interface and at a personal computer.

59. (Currently amended) The method of claim 6, wherein ~~the step of using~~ the at least one user interface ~~to enable the user to create the personal exercise~~ includes a corresponding media for display ~~during the exercise routine~~, the media from the group including at least one consisting of video, audio, and text.

60. (Currently amended) The method of claim 6, further including ~~the step of~~ creating a resource pool database of available exercise equipment ~~for accessing to carry out the associating step.~~

61. (Currently amended) The method of claim 6, further including ~~the step of:~~

logging on to ~~the~~ a system to review the profile ~~information~~ via a web browser interface, said logging in including inputting an identification number and password.

62. (Currently amended) The method of claim 61, further including ~~the step of~~ inputting into said profile ~~personal information including~~ birth date, gender, weight, height, or and health history.

63. (Currently amended) The method of claim 61, further including ~~the step of~~ inputting gym membership of a gym into said profile.

64. (Currently Amended) The method of claim 63, ~~wherein said inputting~~  
includes inputting -location of the gym and a gym membership identification number.

65. (Currently amended) The method of claim 1, further including ~~the step of~~  
entering an indicator to find a gym to carry out the step of engaging.

66. (Currently amended) The method of claim 6, further including ~~the step of~~  
entering a location indicator to find a gym to carry out the step of controlling engaging.

67. (Currently amended) The method of claim 6, ~~further including the step of~~  
wherein the controlling includes controlling speed of the exercise machine with said machine-  
readable signals.

68. (Currently amended) The method of claim 6, further including ~~the step of~~  
setting a filter ~~for~~ of at least one of web subject matter or content in said profile.

69. (Currently amended) The method of claim 6, further including computer-  
enabled permission for another to form a group of users.

70. (Currently amended) The method of claim 5, further including computer-  
enabled partial, but not complete access to data in the profile.

71. (Original) The method of claim 6, further including computer enabled partial,  
but not complete access to data in the profile.

72. (Currently amended) The method of claim 1, further including ~~the step of~~ accepting a gym registration application over the network.

73. (Currently amended) The method of claim 3, further including ~~the step of~~ accepting a gym registration application over the network.

74. (Currently amended) The method of claim 5, further including ~~the step of~~ managing a gym membership.

75. (Currently amended) The method of claim 6, further including ~~the step of~~ managing gym membership, including tracking fees of gyms users and issuing invoices.